Canada Allergen Information
(Revised April 2024)
This list is compiled based on product information provided by Subway ${ }^{\circledR}$ approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include regional or special promotional items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify the sandwich artist if you have a food allergy.

|  | $\begin{aligned} & \text { ㅇ } \\ & \text { 파 } \end{aligned}$ | $\frac{5}{4}$ |  |  |  | $\begin{aligned} & \frac{c}{n} \\ & \frac{4}{\bar{u}} \\ & \frac{\pi}{n} \end{aligned}$ | $n$ 0 0 0 0 0 | $$ | + <br> \% <br> $\frac{1}{3}$ |  | $\begin{aligned} & y \\ & \vdots \\ & \frac{4}{3} \\ & 0 \end{aligned}$ |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Bread |  |  |  |  |  |  |  |  |  |  |  |  |  |
| English Muffin |  |  |  |  |  |  | * |  | $\bullet$ | $\bullet$ |  |  |  |
| Flatbread |  |  | X |  |  |  | * |  | - | $\bullet$ |  |  |  |
| Gluten-Free Bread ${ }^{1}$ | - |  |  |  |  |  |  |  |  |  |  |  |  |
| Italian (White) Bread |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  |  |
| Italian Herbs and Cheese Bread |  |  | $\bullet$ |  |  |  | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  |  |
| Lavash Flatbread |  |  | $\bullet$ |  |  |  | * |  | $\bullet$ | $\bullet$ |  |  |  |
| M ultigrain Bread |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  |  |
| Potato Bun | $\bullet$ |  | X |  | X |  |  |  | $\bullet$ | $\bullet$ |  |  |  |
| Wrap |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  |  |
| Meat, Poultry, Seafood \& Eggs |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bacon Slices |  |  |  |  |  |  |  |  |  |  |  | - |  |
| Brisket |  |  |  |  |  |  | $\bullet$ |  |  |  |  | $\bullet$ |  |
| Capicola |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |  |
| Chicken, Grilled ** |  |  |  |  |  |  | $\bullet$ |  |  |  |  |  |  |
| Chicken Strips - Plain |  |  |  |  |  |  | - |  |  |  |  |  |  |
| Chicken Strips - Sweet Onion Teriyaki Glazed |  |  |  |  | - |  | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  | $\bullet$ |
| Cold Cut Combo Meats |  |  | $\bullet$ |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ |
| Egg Patty, Scrambled | $\bullet$ |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Ham, Black Forest |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |  |
| Italian BMT®Meats |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ | $\bullet$ |
| Meatballs with M arinara |  |  | $\bullet$ |  |  |  | $\bullet$ |  | - | $\bullet$ |  |  |  |
| Pepperoni |  |  |  |  |  |  |  |  |  |  |  | - | $\bullet$ |
| Porchetta, Diced |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rotisserie-Style Chicken |  |  |  |  |  |  |  |  | x | X |  |  |  |
| Rotisserie-Style Chicken, J erk-Spiced |  |  |  |  |  |  | $\bullet$ |  | - | $\bullet$ |  |  |  |
| Rotisserie-Style Chicken, Shawarma |  |  |  |  |  |  |  |  | X | X |  |  |  |
| Salami |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |  |
| Steak |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Steak, J erk-Spiced |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  |  |
| Tandoori-Spiced Pork Cutlet |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna (without dressing) |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |  |
| Turkey Breast |  |  |  |  |  |  |  |  |  |  |  | - |  |
| Veggie Patty |  |  |  |  |  |  | $\bullet$ |  |  |  |  |  |  |
| Cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Canadian Cheddar Cheese |  |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Cheddar Cheese, Processed |  |  | $\bullet$ |  |  |  | $\bullet$ |  |  |  |  |  |  |
| Habanero J ack Cheese |  |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| M onterey J ack \& Cheddar Cheese Blend, Shredded |  |  |  |  |  |  |  |  |  |  |  |  |  |
| M ozzarella, Fresh |  |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Parmesan, Grated |  |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Swiss |  |  | $\bullet$ |  |  |  |  |  |  |  |  |  |  |
| Condiments \& Dressings |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ, Sweet \& Smoky |  |  |  |  |  |  |  |  |  |  |  |  | $\bullet$ |


|  | $\begin{aligned} & \text { ㅇ } \\ & \text { ㅍ } \end{aligned}$ | $\frac{\sqrt{n}}{4}$ |  |  | 0 $E$ 0 0 0 | $\begin{aligned} & \frac{\tilde{n}}{\frac{4}{4}} \\ & \overline{\bar{N}} \\ & \frac{N}{n} \end{aligned}$ | $n$ 0 0 0 0 0 0 0 | $$ | $\begin{aligned} & \text { + } \\ & \text { © } \\ & \vdots \\ & \hline \end{aligned}$ |  | $\begin{aligned} & y \\ & 0 \\ & \frac{\pi}{3} \\ & u \end{aligned}$ |  | $\begin{aligned} & \text { o } \\ & \text { N } \\ & \text { N } \\ & \Sigma \\ & \Sigma \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Chimichurri Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chipotle Southwest | $\bullet$ |  | $\bullet$ |  |  |  | * |  |  |  |  |  |  |
| Cuban-Style Sauce | - |  |  |  |  |  | * |  |  |  |  |  | - |
| Garlic Aioli | $\bullet$ |  |  |  |  |  | * |  |  |  |  |  | $\bullet$ |
| House Sandwich Sauce |  |  |  |  |  |  |  |  |  |  |  |  |  |
| J erk Aioli | $\bullet$ |  |  |  |  |  | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  | $\bullet$ |
| Mayonnaise | - |  |  |  |  |  | * |  |  |  |  |  | $\bullet$ |
| M ustard, Yellow |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peppercorn Ranch | $\bullet$ |  | $\bullet$ |  |  |  | * |  |  |  |  |  |  |
| Smoky Honey Mustard | - |  |  |  |  |  | * |  |  |  |  |  | $\bullet$ |
| Sweet Onion Teriyaki Sauce (Contains <br> Poppy Seeds)     $\bullet$  $\bullet$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tahini Garlic Sauce | $\bullet$ |  |  |  | $\bullet$ |  | * |  |  |  |  |  |  |
| Tandoori-Spiced Sauce | $\bullet$ |  |  |  |  |  | * |  |  |  |  |  | $\bullet$ |
| Vegetables |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Avocado, Smashed |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Banana Peppers |  |  |  |  |  |  |  |  |  |  |  |  |  |
| J alapeno Pepper Slices |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Olives (Green/Black) |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pickles |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetables, Fresh |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate Chip with M\&M ®Candies | $\bullet$ |  | $\bullet$ | X |  |  | $\bullet$ | X | $\bullet$ | $\bullet$ |  |  |  |
| Chocolate Chunk | $\bullet$ |  | $\bullet$ | x |  |  | $\bullet$ | x | $\bullet$ | $\bullet$ |  |  |  |
| Double Chocolate | $\bullet$ |  | $\bullet$ | x |  |  | $\bullet$ | x | - | $\bullet$ |  |  |  |
| Oatmeal Raisin | $\bullet$ |  | $\bullet$ | X |  |  | - | X | $\bullet$ | $\bullet$ |  |  |  |
| White Chip Macadamia Nut | $\bullet$ |  | $\bullet$ | x |  |  | $\bullet$ | - | $\bullet$ | $\bullet$ |  |  |  |
| Footlong Cookie, Chocolate Chip | $\bullet$ |  | $\bullet$ |  | x |  | $\bullet$ | X | $\bullet$ | $\bullet$ |  |  |  |
| Soups \& Sides |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef \& Barley |  |  |  |  |  |  | - |  | - | - |  |  |  |
| Beef Chili |  |  |  |  |  |  | $\bullet$ |  | $\bullet$ | $\bullet$ |  |  |  |
| Chicken Noodle | $\bullet$ |  |  |  |  |  |  |  | - | $\bullet$ |  | $\bullet$ |  |
| Cream of Broccoli |  |  | $\bullet$ |  |  |  | * |  | - | $\bullet$ |  |  |  |
| Cream of Mushroom |  |  | $\bullet$ |  |  |  | * |  | - | $\bullet$ |  |  |  |
| Loaded Baked Potato |  |  | $\bullet$ |  |  |  |  |  | - | - |  | $\bullet$ |  |
| Rice Blend |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $\bullet$ = Contains Allergen X = M ay Contain Allergen |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ${ }^{1}$ The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are $100 \%$ gluten free. <br> *The only soy-derived ingredient is refined soybean oil. <br> **Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies |  |  |  |  |  |  |  |  |  |  |  |  |  |

